

*Voice of the International Students*

# VIS

医学研究科  
国際連携室だより

(November 2010  
Vol. 3)

## What is VIS ?

The International Relations Office of the Faculty of Medicine issues a newsletter "VIS" to send out a live message from our international students and to promote the exchange of cultural information from different countries. We hope this letter helps to cultivate intercultural communications and put international exchanges into action. (quoted from VIS Vol. 1)

このニュースレターの発行の目的は、留学生の生の声を外に出すことと、異なる国の文化の情報交換を促進することにあります。このニュースレターが異なる文化間のコミュニケーションを養い、国際交流を実行していく上で役に立つことを望んでいます。(VIS Vol.1 より転載)

## The International Hour インターナショナル・アワー



### Natalia Sayuri MUTO

Ph.D. student, Hokkaido University  
Graduate School of Medicine  
(Brazil)

The International Hour has been a wonderful experience in my life here in Japan. It is such an enriching experience to hear stories every month about so many different countries and cultures that I think this is one of the most valuable memories we can have as foreign students in HOKUDAI. It is like traveling around the world without leaving the room!

Since the beginning of this forum last year, we have learned about Iran, Bangladesh, Trinidad and Tobago, Japan, Sri Lanka, Nepal, Jordan, Sudan, Indonesia, Malta, Scotland and Spain. And last October I had the chance to introduce a little bit about Brazil.

As a presenter, it was a great opportunity to show the beautiful side of my country while clarifying some myths and showing the reality there.

If you have the chance, don't miss the opportunity either to attend the International Hour or to introduce your country to us. So, I hope the International Hour never ends and always gives us the possibility to learn about other countries; fueling the dream to one day be able to visit all of them.

インターナショナルアワーに出ると毎月いろいろな国のお話が聞けます。

## Bitter experience of a researcher who has a family 小さい子供づれ留学生の苦い経験



### Yaser ELEWA

Research Ph.D. student, Hokkaido University  
Graduate School of Veterinary Medicine  
(until September, 2010)  
(Egypt)

I came to Japan with my wife and two little kids to do research at HOKUDAI. As we were both admitted as researchers, we applied to many public day care centers for our kids, but all of them were full. Then, we found a private one, but it was very expensive and congested. My little kids got infectious diseases immediately. That time was so terrible for us.

Since HOKUDAI has a public day care center, I think researchers who have little kids should be given priority in terms of admission to the day care center. HOIKUEN authority should consider the university administration's recommendation in this regard. One or two such day care centers should be established in HOKUDAI to ensure students in this situation

have peace of mind. This will ensure that children will not be deprived from breastfeeding, and researchers (mothers) can also concentrate on their studies.

私たち夫婦は幼い子供2人をつれて北大に研究をしにきました。公立の保育所はどこも満杯で、私立の保育所に預けたのですが、費用が高く、かつ病気が移されやすい環境でした。子供がすぐに病気にかかるので、研究するどころではなく、大変な時期がありました。なぜ北大にある保育所に、子供を預けることができないのでしょうか。北大に留学してきた研究者の子供を優先的にいれてほしいです。北大構内に1つか2つ保育所をふやして乳飲み子を預けられるようにして、研究者が安心して研究にうちこめるようにしてください。

## Indonesia Japan Cultural Night 2010 インドネシア文化交流ナイト 2010



### Hari SETIAPRAJA

Ph.D. student, Hokkaido University  
Graduate School of Engineering  
(Indonesia)

The Indonesian Student Association in Hokkaido has two big annual events which are the Indonesian Student Scientific Meeting and the Indonesia Japan Cultural Night. At this time, I would like to introduce information about the Indonesia Japan Cultural Night. The program is expected to go further in promoting Indonesian culture and to intensify a close friendship between Indonesian and Japanese societies, and other international societies in Hokkaido. This year we held the event on the September 18th, 2010 at L-Plaza Sapporo. Various kinds of dance and traditional musical performances from various places in Indonesia and Japan were performed through the collaboration

between Indonesian and Japanese. Furthermore, a special Indonesian dinner was also served to give the special welcoming for around people 250 guests who came to this cultural night. It was a challenge tough to hold this event but remains to be an enjoyable moment of my life in Sapporo.

今年のインドネシア文化交流ナイトは9月18日にあり、インドネシアのダンスや音楽、料理を紹介しました。



## Ramadan ラマダン



### Ahmad A. ALMALLAHI

Post-doctoral fellow, Hokkaido University  
Graduate School of Agriculture  
(Jordan)

It is sunset time, and I haven't eaten since the morning, not even a cup of water. Indeed, it is a sensation of hunger and thirst that most people would never wish to experience. But Muslims do that willingly for 30 consecutive days during the month of Ramadan. Despite the strife of fasting especially in summer, when the daytime is long and the weather is hot, people who fast enjoy two sensations. They are the appreciation of food and drink when they eat breakfast, and the feeling of togetherness and solidarity within the family and society as everybody will be having his/her meal at the same moment. It is a month to break from the routine of busy life

so as to spend more time with the family, strengthen bonds with society and sympathize with the poor. That is what makes this time very special.

陽が沈む時期になると、朝からなにも食べていない私は空腹と口渇を感じます。ほとんどの人はこんな経験はしたくないでしょう。しかしイスラム教徒はラマダンの月には 30 日の間昼間は水すら飲みません。夏は大変ですが、このことにより食物と水に感謝する気持ちが湧きます。夜になると家族や社会的な仲間と一緒に食事します。ほかの月にくらべると家族がともに過ごす時間が増え、社会との団結は深くなり、貧乏な人に同情します。この2つがラマダンの時期を特別なものになっています。

## Free bicycle distribution to the new foreign students 新入留学生への自転車無料配布



### Chinyere NWAFOR-OKOLI

Ph.D. student, Hokkaido University  
Graduate School of Medicine  
(Nigeria)

A convenient means of transport for most international students studying at HOKUDAI is a constant source of worry. On this note, Foreign Student's Committee of HOKUDAI CO-OP created an activity called "Free bicycle distribution". During this event, bicycles in approximately good condition are distributed to new foreign students "free of charge". To ensure legal requirements of ownership according to the Sapporo city government, students are asked to pay 500 yen for the registration of the selected bicycle after which they become legal owners. This event takes place every year during the Spring and Autumn.

The next event is scheduled for Spring 2011.

留学生にとって輸送手段の獲得はいつも悩みの種です。北大生協の留学生委員会は、まだ使える中古の自転車を札幌市からもらって、新入留学生に無料で配り、防犯登録の手続きまでお手伝いしています。これは、毎年春と秋にやっています。つぎは 2011 年の春にあります。



## International Summer BBQ party 国際交流サマー・バーベキュー



### Chandika Damesh GAMAGE

Ph.D. student, Hokkaido University  
Graduate School of Medicine  
(Sri Lanka)

*M*y family and I had a very good time in the last summer BBQ organized by the International Relations Office of Graduate School of Medicine. Believe me, I met 80 friends from 22 countries such as Bangladesh, Bolivia, Brazil, China, Egypt, Indonesia, Japan, Jordan, Korea, Malta, Malaysia, Mongolia, Nepal, Nigeria, Philippine, Russia, Spain, Sri Lanka, Syria, Trinidad Tobago, Uganda and United Kingdom. In addition to these friends, we had a special guest, Dr. Jose Maria Cabeza, Ph.D. who is a professor and consulate general honorary of Japan in Andalucia (Spain). While we enjoyed Hokkaido's lamb and delicious sea food, we had a great opportunity to taste different countries'

dishes brought by our friends. As we know events come and go by so fast that it's easy to forget it. So, we took two memorial photos to keep this moment forever. But I will surely remember the time I spent at Summer BBQ. It was really a lovely event for me and my family.

国際連携室主催の夏の国際交流 BBQ パーティーには22カ国から81名が参加していました。アンダルシア地方（スペイン）の日本名誉総領事のカベサ教授が特別ゲストとして参加されていました。北海道のラムと美味しい海鮮魚を楽しみながら、参加者が持ち寄った各国の料理を味わえたのはとくに素晴らしいかったです。私にとって家族とともに参加した夏の BBQ パーティーは忘れ得ぬ楽しい思い出となりました。



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